

WIC Food Guide



October 1, 2003-
September 30, 2004

South Carolina Department of Health
and Environmental Control

Juices

All juices must be unsweetened and 100% juice.

46 oz. Can

Any brand:

- Orange
- Grapefruit
- Pink Grapefruit

46 oz. Can or Plastic Container

Only the brand name juices listed are allowed.

- Campbell's Healthy Request Tomato Juice, Low Sodium Tomato Juice
- **Store Brand:** 100% Hawaiian USA Pineapple Juice (cans only)
- Dole Pineapple
- Juicy Juice (any variety)
- Northland Cranberry Blends (no sugar added)
- Seneca- Apple and Grape Juices
- V-8 Vegetable and V-8 Vegetable Low Sodium
- Welch's White and Purple Grape
- White House Apple

11.5-12 oz. Frozen Can

Any brand:

- Orange
- Grapefruit
- Pink Grapefruit

Only the brand name juices listed are allowed.

- Dole Pineapple
- Seneca- Apple and Grape Juices
- Welch's- White Grape Pear, White Grape Peach, White Grape Raspberry, White Grape, Purple Grape, and White Grape Cranberry Juices

11.5-12 oz. Shelf Can

- Juicy Juice (any variety)
- Welch's 100% juice pourable concentrate - Purple and White Grape, Apple, Fruit Fantastic, Strawberry-Raspberry, Cherry Sensation, Tropical Passion and Wild Berry (Yellow Stripe Brand Only)

NOT ALLOWED

- Fruit "punch"
- Fruit "drinks"
- Sport drinks (e.g., Gatorade)
- Glass bottles
- Sugar added
- Calcium-fortified juice
- "Infant" or "Baby" juice
- Juice "Cocktails"

WIC Checks

- Sign the WIC ID card. The persons you list on your application must be the persons who are going to pick up your food and they must also sign the card. Always take your ID card to the grocery store when you use your checks.
- Check the dates. Don't use the check before the first date or after the last date.
- Separate WIC foods from other groceries.
- Select only the foods listed on the check. WIC checks cannot be used to buy other foods.
- Buy the correct size and amount of foods listed on the check. If you do not want an item, you may leave it off. If you feel that the food ordered is more than you can use, tell someone at the clinic.
- When you check-out, the store clerk will fill in the cost of the food and fill in the date.
- Sign your name at the check-out counter after the date and amount are filled in.

If you have a problem with your food, you must talk with someone at the WIC clinic. The store cannot make any changes in your food order.

If you have questions or problems about using WIC checks call 1-800-922-4406.

This institution is an equal opportunity provider.



SC WIC Approved

Cereals

National Brand Cereals

Kellogg's:

- Corn Flakes
- Crispix
- Frosted Mini-Wheats, Bite-Size
- Frosted Mini-Wheats, Original
- Raisin Mini-Wheats
- Special K
- Strawberry Mini-Wheats

General Mills:

- Cheerios (plain only)
- Corn Chex
- Country Corn Flakes
- Kaboom
- Kix (plain only)
- Rice Chex
- Total Corn Flakes

Post:

- Honey Bunches of Oats
(Honey Roasted Only)

Quaker:

- King Vitaman

Store Brand Cereals

Any store brand of the following:

- Bran Flakes
- Corn Flakes
- Crisp or Crispy Rice

Cooked Cereals:

- Instant Oatmeal (Regular flavor)
- Cream of Wheat (Regular Flavor Only)
- Jim Dandy Quick Grits (Iron-Fortified)
- Quaker Instant Oatmeal
(Regular Flavor Only)
- Quaker Instant Grits
(Regular Flavor Only)



NOT TO EXCEED THE TOTAL AMOUNT OF OUNCES SPECIFIED ON
THE WIC CHECK. MAY BE LESS IF DESIRED.

ONLY CEREALS LISTED ARE ALLOWED.

SC WIC Approved

Dairy/Protein Foods

Milk (fresh, evaporated, and nonfat dry milk):

Any brand as specified on the food check.

Not Allowed: chocolate milk, filled milk, soy milk, goat's milk, organic milk, sweetened condensed milk.

Cheese (8 oz. or 16 oz.):

Any brand of the following:

Block style cheese or sliced cheese,
(may be individually wrapped)

- American
- Cheddar
- Colby
- Monterey Jack
- Mozzarella
- Muenster
- Provolone
- Swiss

(Note: low fat, low cholesterol, low sodium
are allowed)

Not Allowed: cheese food, cheese spread,
deli cheese, string cheese, shredded cheese,
specialty cheese (e.g., with added flavorings
such as wines, spices, nuts) and no cheese
product.

Dried Peas or Beans (1 lb. bag):

Any brand, unflavored single variety.

If specified: 8 oz. or 16 oz. canned mature,
plain: beans, peas or "baked beans."

Not Allowed: boxes, frozen or canned green
beans, snap beans, yellow beans, wax beans
or sweet peas.

Eggs:

Any brand grade A medium or large,
white only.

Not Allowed: specialty eggs, liquid eggs,
brown eggs

Peanut Butter (18 oz. jar):

Any brand, smooth only, reduced fat allowed.

Not Allowed: added items such as jelly,
chunky peanut butter or peanut butter spread.

Breastfeeding Women Only Tuna (if specified):

Any brand canned tuna; white, light, dark
or blended; chunk, grated, flakes, or solid
pack; water or oil-packed; up to 26 oz.

Not Allowed: resealable packages.

Carrots (if specified):

Any brand of raw, canned or frozen
carrots, 1 or 2 lb. sizes only.

Not Allowed: Baby carrots, organic
carrots.

Infant Formula and Cereal Formula:

Only what is listed on the food check.

Infant Cereal:

8 oz. or 16 oz. Beech-Nut, Heinz and
Gerber (only).

Not Allowed: Added fruit or formula.

For ease of reading, proprietary notations are not designated.
All trademarks and generics should be taken as read and respected.